



NEW(S) HORIZON

A NEWSLETTER FROM THE
WALPOLE COUNCIL ON AGING

WALPOLE CENTER—135 SCHOOL STREET; WALPOLE, MA 02081

Telephone 508-668-3330 **Fax** 508-660-7363 **website:** www.walpole-ma.gov

The Council on Aging is the department of town government dedicated to assessing the needs of and providing services to Walpole residents age 60 and older.

The goal of the Walpole Council on Aging is to serve as advocates and to embrace the lives of Walpole Elders.

YOU ARE CORDIALLY INVITED TO ALL MEETINGS OF THE WALPOLE COUNCIL ON AGING. OUR NEXT MEETING IS **THURSDAY, MARCH 26th AT 1:30 PM** AT THE NEWELL SENIOR CENTER ATTACHED TO WALPOLE TOWN HALL.

The Walpole C.O.A. is proud to sponsor many events and programs addressing health concerns for Walpole elders. Examples of these are as follows:

Nutrition Programs

TRIAD

HESSCO Lunches

Podiatrist

Educational Groups

Knitting Group

Bingo

VNA Clinics

Yoga

Outreach Services

Cribbage

Financial Programs

Writing Group

Veterans Group

Dominos

Whist

Bridge

Great Trips

Chair Exercise Programs

Zumba Gold

Mah Jongg

Transportation for shopping, errands and medical appointments

Day of Beauty (September-June)

LOOK INSIDE THE NEWSLETTER FOR TIMES & DATES OF THESE PROGRAMS!

For the most up-to-date information, please go on our website at www.walpole-ma.gov

(Once on main page, click on contacts and find the COA)

WALPOLE SENIOR CENTER HOURS:

MONDAY, WEDNESDAY, THURSDAY, FRIDAY 8:30 –5:00PM TUESDAY 8:30– 8:00PM

Letter From The Director

I'm sure everyone has had enough of this long, cold, snowy winter by now. With the change to Daylight Savings Time on March 8th, we can look forward to longer days and better weather. Now that we can get out and about more easily, I hope you will take advantage of the activities, programs and trips we are offering these up-coming months. Cabin fever hit everyone hard and the best cure is to be out and socializing again. The Center continues to try and offer programs for all interests, as we are always looking for more ideas. Let us know what YOU want to do and we will try our best to make it happen!

Remember, my door is always open! Come on down!!

Courtney Riley

VNA Care Network & Hospice Presents: Pre-Diabetes Program



5 Signs that Put You at Risk. Get the Facts – Take Charge of You!
Protect yourself so you can remain healthy...

Where: Walpole Senior Center - 135 School Street; Walpole, MA 02081

When: *Screening: April 27, 2015 9:00 AM -11:30 AM

Program includes: Initial and follow-up screenings
Education and tips to improve numbers
Individualized follow-up with nurse

***Appointment for screening is required.**

Call The Walpole Senior Center at 508-668-3330 to schedule your appointment.

Cost: Free (Made possible by HESSCO).

For more information, call: Walpole Senior Center at 508-668-3330 or Bobbie Converse, RN, VNA Care Network & Hospice at 1-781-455-6661, ext. 4467.

This program is funded by HESSCO Elder Services and is FREE for seniors who are age 60 and over.

'Walpole Lions' Meals offered in March

- ♦ Spaghetti Dinner - Sunday, March 15th, 12:00 PM
- ♦ Pancake Breakfast - Sunday, March 29th, 10:00 AM

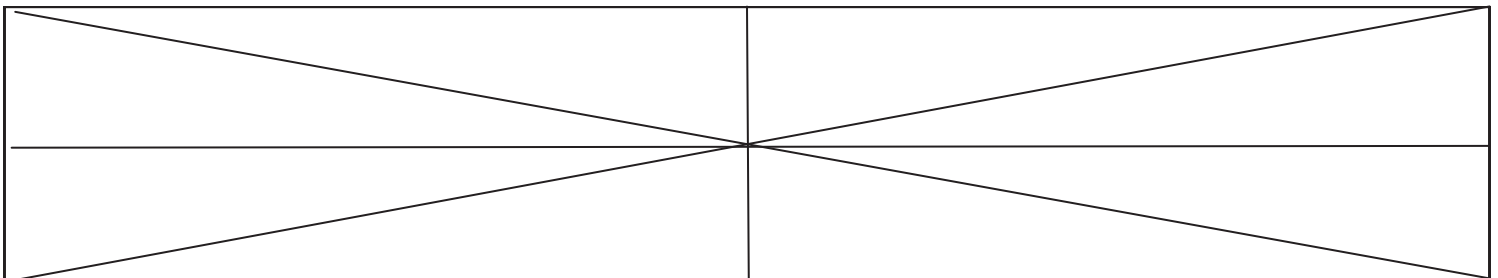
There is no transportation to these events.

Please sign up, though, so we have an accurate number of people.

MARCH 2015

Please **sign up for ALL trips and events** you would like to attend.
Sign up starts **Monday, March 2nd**. You must speak with someone at the
Center to confirm sign up.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
2 Exercise Class 10:00 AM Mexican Dominos 1:00 PM Mah Jongg 1:30 PM	3 Stop & Shop (AM Trips) Walking Club - Bird Park 8:30 AM Whist 12:00 PM A Musical Interlude 4:00 PM	4 Exercise Class 10:00 AM Senior Citizen Club 1:00 PM Senior Singing Group 2:30 PM	5 Walk-in Breakfast 8 AM - 10 AM Yoga 10:30-11:30 AM Chickie Flynn 11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	6 Zumba 9:00 AM Bowling 10:00 AM Seekers Writing Club 10:00AM Library Bingo 12:30 PM
9 Exercise Class 10:00 AM HAHN Presentation 11:00 AM Mexican Dominos 1:00 PM Mah Jongg 1:30 PM	10 Stop & Shop (AM Trips) Walking Club - Bird Park 8:30 AM Whist 12:00 PM A Musical Interlude 4:00 PM	11 Exercise Class 10:00 AM Knitting Group 10:00 AM Nurse Diana 11:00 AM T. Kenny's Cabaret 11:30 AM Pokeno Mania 12:30 PM Senior Singing Group 2:30 PM	12 Walking Club—Bird Park Veterans Meeting 9:30 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	13 Zumba 9:00 AM (Room MMR) St. Patrick's Breakfast 9:00 AM Senator James E. Timilty Bingo 12:30 PM
16 Twin Rivers Casino 9:30 AM Exercise Class 10:00 AM Mexican Dominos 1:00 PM Mah Jongg 1:30 PM	17 St. Patrick's Day Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM St. Patrick's Show 12:00 PM A Musical Interlude 4:00 PM	18 Errand Day (AM Trips) Exercise Class 10:00 AM Fallon Health Care 11:00 AM Pokeno Mania -12:30 PM Senior Singing Group 2:30 PM	19 Walk-in Breakfast 8 AM - 10 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	20 First Day of Spring Zumba 9:00 AM Big Y Shopping 9:30 AM Bowling 10:00 AM Seekers Writing Club 10:00AM Library Bingo 12:30 PM
23 Exercise Class 10:00 AM W. VNA Blood Pressure 1:00 PM Mexican Dominos 1:00 PM Mah Jongg 1:30 PM	24 Stop & Shop (AM Trips) Walking Club—Bird Park 8:30 AM Whist 12:00 PM Podiatrist 1:00 PM - 4:00 PM A Musical Interlude 4:00 PM	25 Exercise Class 10:00 AM Knitting Group 10:00 AM TRIAD Meeting 11:00 AM Creative Corner 1:00 PM Senior Singing Group 2:30 PM	26 Walmart Trip 9:00 AM Yoga 10:30-11:30 AM Cribbage 1:00 PM COA Meeting 1:30 PM Bridge 1:15 PM Hoops & Needles 6:30-9:00 PM	27 Zumba 9:00 AM Bingo 12:30 PM
30 Exercise Class 10:00 AM Patriot Place 12:00 PM Mexican Dominos 1:00 PM Mah Jongg 1:30 PM	31 Stop & Shop (AM Trips) Walking Club - Bird Park 8:30 AM Whist 12:00 PM A Musical Interlude 4:00 PM			



MARCH TRIPS & EVENTS

MARCH 4 Wednesday	Senior Citizen Club Meeting	Join us and have some fun and games and laughs	1:00 PM New members welcomed
MARCH 5 Thursday	Walk-in Breakfast	Come join us for a great home-cooked breakfast and wonderful company!	8:00 AM—10:00 AM \$3.00 per person
MARCH 5 Thursday	Chickie Flynn Restaurant	Please sign up at Center.	\$2.50 gratuity per person to be paid at restaurant
MARCH 9 Monday	HAHN Presentation	Discussion of the <i>Fear of Losing Independence</i>	11:00 AM Free at the Center
MARCH 11 Wednesday	Presentation by Nurse Diana	Each Month is a different and interesting topic. Not to be missed!!	Talk will start at 11:00 AM
MARCH 11 Wednesday	Tony Kenny's Irish Cabaret	Venus de Milo Restaurant - Corned beef & cabbage or scrod meal	\$65.00 per person Transportation, Meal and Show
MARCH 12 Thursday	Walpole Elders Veterans Meeting	This month the Tin Can Sailors will be speaking at the Center	Meeting starts at 9:30 AM New members welcomed
MARCH 13 Friday	Senator James E. Timilty St. Patrick's Breakfast	Please join Senator Timilty, the WFD, and the Senior Moments for this event	9:00 AM – 10:30 AM Must sign up
MARCH 16 Monday	Twin Rivers Casino	If you went the month before, you need to wait a week to sign up.	Van will leave Center at 9:30
MARCH 17 Tuesday	Richard Travers St. Patrick's Day Performance	Come enjoy a jig or two with us! <i>Sponsored by New Pond Village</i>	12:15 PM -1:15 PM Please sign up
MARCH 18 Wednesday	Errand Day	We can take you anywhere in Walpole	Call the Center to sign up 508-668-3330
MARCH 18 Wednesday	Fallon Health Care Agent	Do you have any questions you need answered? Come and ask!	Walk-ins Welcomed 11:00 AM
MARCH 19 Thursday	Walk-in Breakfast	Come join us for a great home-cooked breakfast and wonderful company!	8:00 AM—10:00 AM \$3.00 per person
MARCH 20 Friday	Big Y Shopping Trip	Let us pick you up and take you to the Big Y in Walpole	9:30 AM Must sign up
MARCH 23 Monday	W. VNA Blood Pressure Clinic	Come and get your blood pressure taken at the center - Free	Starts at 1:00 PM Walk-ins Welcomed
MARCH 24 Tuesday	Podiatrist	Must make an appointment at Center	1:00 PM - 4:00 PM \$25.00 per person
MARCH 25 Wednesday	TRIAD Meeting	The benefits and services provided by Social Security	11:00 AM Please sign up
MARCH 25 Wednesday	Creative Corner	Please join us for: Irish Culture Project	1:00 PM Free at the Center
MARCH 26 Thursday	Walmart Trip	We will be going to the Walpole Walmart	Van Leaves at 9:00 AM Must Sign up
MARCH 26 Thursday	Council on Aging Meeting	Please join us for this very important meeting for all seniors in Walpole	1:30 PM at the COA All are Welcomed
MARCH 30 Monday	Trip to Patriot Place - Foxborough	We will drop you off so you can enjoy the afternoon at Patriots Place	12:00 PM—3:00 PM Must sign up

Do you know the difference between Dementia and Alzheimer's??

Dementia is not a specific disease. It's an overall term that describes a wide range of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person's ability to perform everyday activities. **Alzheimer's** disease accounts for 60 to 80 percent of cases. Vascular dementia, which occurs after a stroke, is the second most common dementia type. But there are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Dementia is often incorrectly referred to as "senility" or "senile dementia," which reflects the formerly widespread but incorrect belief that *serious* mental decline is a normal part of aging.

Alzheimer's is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Up to 5% of people with the disease have early onset Alzheimer's (also known as younger-onset), which often appears when someone is in their 40's or 50's.

Alzheimer's Facts and Figures



More than 5 million Americans are living with the disease.



Every 67 seconds someone in the United States develops Alzheimer's.



Alzheimer's disease is the 6th leading cause of death in the United States.



There are approximately 500,000 people dying each year because they have Alzheimer's.



1 in 3 seniors dies with Alzheimer's or another dementia.



In 2013, 15.5 million caregivers provided an estimated 17.7 billion hours of unpaid care valued at more than \$220 billion.

Tony Kenny's Irish Cabaret



Wednesday, March 11th 2015

Venus De Milo - Swansea, MA

\$65.00 per person - Transportation, meal and show

Spaces still available. Sign up now!

Private Fenway Park Tour -

Monday, May 4th—Tour Starts at 12:30 PM

\$20 per person includes Transportation & Tour



Don't miss this opportunity to see one of the most historic landmarks of Boston!

A thought from Carol

From the National Weather Service:



More than 72 inches of snow have fallen in the last 17 days at Logan Airport, shattering the old 30-Day record of 58.8 inches of snow fall from Jan. 9 to Feb. 7, 1978. With 13 days to spare, 31 inches of snow fell in Rockland, MA during storm Marcus Blizzard 2015. Walpole received 24.6 inches of snow already. Just think, this report was written on Feb. 11, 2015. We still have the rest of February and all of March to go!!

I think we should all chip in and send the snow gods to Florida! Let the "snow birds" earn their name!!

DID YOU KNOW WE CAN DELIVER YOU LUNCH?

HESSCO Elder Services' nutrition program operates hot lunch programs serving individuals 60 years or older and their spouses who live in Walpole, MA.

If interested, please call: (508) 668-3423

The Norwood Theater Presents:

ERIC KEARNS - Vocal Impersonator

Sunday, March 29th at 2:00 PM

\$25.00 per person includes transportation and show.

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**Walpole Council on Aging
Town Hall
135 School Street
Walpole, MA 02081**

**Telephone: (508) 668-3330
Fax: (508) 660-7363**

**Courtney Riley, Director COA
Conchita Geyer, Outreach
Christine Tetreault, Elder
Advocate**

**Jane Wulk, Van Driver
Carol Fellini, Van Driver
Jim Hinds, Van Driver**

**Joanne Damish
Chairman COA Board**

**Meal site
(508) 668-3423**

**This Newsletter is made
possible, in part, by a grant
from the
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Office of Elder Affairs.**



**Friends of the Walpole
Elders, Inc.
P.O. Box 186
East Walpole, MA 02032**

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WALPOLE VNA

The Walpole Area VNA nursing staff conducts clinics for blood pressure checks, other screenings and provides health info at the following times and places:

**4th Monday of the month -
Walpole Senior Center,
Town Hall 12:30 PM**

As well as:

3rd Wednesday of the month -
Norfolk Senior Center 12:30 PM

3rd Wednesday of the month -
Norwood Senior Center 12:30 PM

4th Friday of the month -
Caryl Center 1:00 PM

“ARE YOU OK?”

The “Are You OK?” Program, through the Norfolk County Sheriff’s Department offers comfort, security and autonomy for senior citizens, the disabled and anyone who may lack a support system.

The program is a **free service** and all participants need is a home telephone to receive daily automated calls. Participants receive calls between 6:00 AM and noon, 7 days a week, at a time that is right for them. A recorded voice asks, “Are You OK?” The participant may answer “yes” and hang up.

If there is a problem, the participant should respond “no” and the Communications Officer will determine the problem and take appropriate action.

If there is no response or the line is busy, the computer will automatically call back. If there is still no response, the Communications Officer will call a designated friend or family member. If needed, the Communications Officer will ask the local police to check a person’s home. If a participant will be away for an extended period of time or just for a day, he or she can call the 24 hour number and alert the “Are You OK?”

To sign up for this service, contact “Are you OK?” at
1-866-900- RUOK (7865).